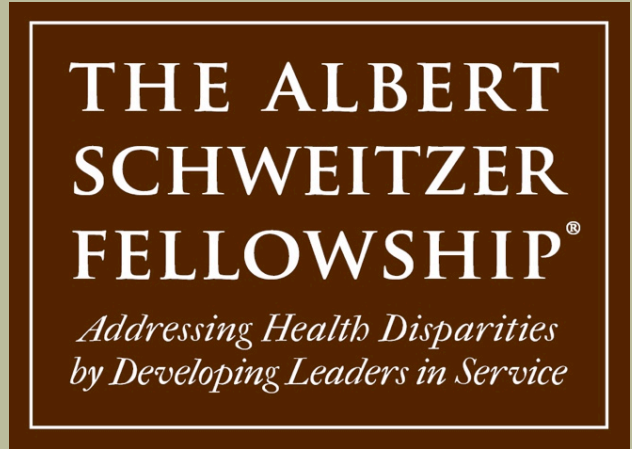


THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

Aging Well:

Promoting Strengths & Resilience in Older Adults and their Care Providers

Introduction

By 2030, the number of older Americans will nearly double, leading experts in geriatrics to call for innovative approaches to mental health care that incorporate wellness and prevention. Meanwhile, direct care workers -- including personal care aides, home health aides, and nursing assistants -- provide approximately 70-80% of the paid, hands-on care for older adults and those with disabilities or chronic conditions. Unfortunately, low wages and a lack of professional development lead to low job satisfaction and high employee turnover.



Population

National Church Residences’ Center for Senior Health is an adult day center located on the east side of Columbus. Its clients are racially diverse and range in age from 60 to 105. Many have survived challenges ranging from systemic poverty to chronic disease.

Project

Serving Older Adults & Care Providers
Aging Well program for over 100 older adult clients

- ❑ Class focused on increasing resilience within physical, emotional, social, and spiritual domains
- ❑ Individual mental health counseling services provided by OSU graduate students

Strengthening Pride in Aging service (SPA) program for over 20 site staff

- ❑ SPA Day staff appreciation event
- ❑ Individualized online strengths assessment
- ❑ Series of staff in-service trainings on topics ranging from self-care to utilizing strengths at work
- ❑ Consultation with OSU Memory Disorders Clinic to improve dementia care



Next Steps

- ❑ **Outcomes:** OSU research currently underway to identify project’s impact on participants’ perceived resilience and multi-dimensional wellness
- ❑ **Expansion:** Ongoing discussion with National Church Residences to identify opportunities to sustain and replicate the impact of the project



Impact

“[The resilience class] has really helped me because you know your situation but you find that others -- we’re different but we’re all alike. I’ve learned a whole lot, and it’s just a blessing being together and everybody sharing what’s happened to them, or what is happening to them, *and to know that you’re not alone.*”

-Daphne, 83



Matthew Fullen
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